## TULARE COUNTY PROBATION DEPARTMENT DEPUTY PROBATION OFFICER AND PROBATION CORRECTIONAL OFFICER PHYSICAL ABILITY EXAM

Date of exam:		
Applicant's name:  Result of test:  (PASS/FAIL)		
Note: candidate must pass each component within the parameter may be given a second opportunity after a 10-minute rest. opportunities shall be permitted.		•
SUPPORT (Support 150 lbs. for 30 seconds)	(circle one) PASS FAIL +	
		actual time
<b>DRAG</b> (Drag 150 lbs. 20 feet in 30 seconds)	PASS	FAIL +actual time
AGILITY COURSE (Maneuver completely through a course of nine cones within 30 seconds; donning a 20 lb. backpack at midpoint)	PASS	FAIL +actual time
PRONE PLANK (In the prone position, prop the body up onto the toes and forearms. Maintain a flat back and rigid position for 30 seconds)	PASS	FAIL +actual time
PUSH UPS (Military or Modified) (20 pushups in 2 minutes)	PASS	FAIL +
SPRINT (Sprint 75 yards within 20 seconds)	PASS	FAIL +Actual time
Rater's signature	Date	
Rater's signature	Date	